

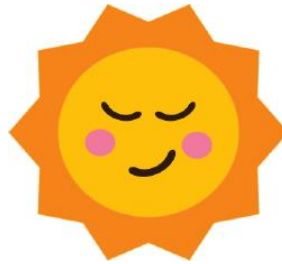
The Portland Resource

Aging and Disability
Resource Center of
Fond du Lac County

Summer
2015



Happy Summer from
the ADRC!



We hope you have an amazing summer and that Wisconsin weather treats us nicely this year! This newsletter contains exciting information for the upcoming months! Be sure to watch for the Fall Edition in September!

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing adrc@fdlco.wi.gov
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

Any feedback or questions, please contact Linda at (920) 929-3429.

Contact Us

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The Aging & Disability
Resource Center of
Fond du Lac County is
located at

50 N. Portland
Street
Fond du Lac, WI
54935

Office Hours:
Monday-Friday
8:00 am- 4:30 pm
(920) 929-3466
www.fdlco.wi.gov/adrc

**Walk-Ins
Welcome!**

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

YOUR RIGHTS WHEN A REPRESENTATIVE PAYEE IS APPOINTED

What is a Representative Payee (Payee)? A Representative payee (payee) is a person or agency that the Social Security Administration (SSA) assigns to help someone who receives disability benefits (Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI)) and who SSA thinks needs help managing his or her disability benefits. SSA's decision that a person needs a payee is not a finding that a person is legally incompetent or needs a guardian. If a payee is appointed, he or she will only manage your disability benefits. A person who receives SSI and has a "drug and alcohol condition" must have a payee.

Can a payee be paid to manage my benefits? An agency, organization or institution may be paid for the service from your benefit amount. However, if you have an individual as a payee, the payee may not be paid money from your benefits.

What does the payee do? Once a payee is appointed, the payee will manage your benefits, and you will no longer have the ability to control the way your benefits are spent, although your payee should work with you to develop a budget. Your benefits may be deposited into a bank or credit union account that shows that you are the owner of the account and that the payee is managing the funds for you and only for you. You are not allowed to have access to the funds in the account. Your payee also may sign up for the Direct Express card program which allows your benefits to be paid directly onto a debit card.

The payee will use your benefits to pay for your current expenses such as food, shelter, clothing, medical care, personal care items, such as entertainment. If sufficient funds are available your payee could give you a personal allowance to spend money as you choose. The payee should keep records of how much money you receive from SSA and how it is spent. The payee is not allowed to use your benefits for anything other than your needs. If any money is left over, the payee must save it for you. If you are receiving SSI, you are not allowed to have more than \$2000 (\$3000 if a couple) in cash and property other than your home and car, and a few other exemptions.

What do I need to tell my payee and SSA? If you are legally incompetent and have a guardian, you do not have an obligation to report to SSA any changes. However, if you are not legally incompetent, either you or your representative have a duty to report any changes that might affect your benefits within 10 days after the month the change occurred. It is very important that you tell your payee and SSA about anything that might cause a change in the amount of benefits you are supposed to receive. If you receive more than you are supposed to, you may have to pay back money that you were not due and your payments may stop. Important examples of what you should be sure to tell your payee and SSA about are when you:

- Get a job, stop working or are working different hours
- Move
- Get married or divorced
- Get money from another source
- Take a trip outside the United States
- Go to jail or prison
- Are admitted to a hospital
- Save any money
- Receive for benefits or financial assistance from any government agency
- Are no longer disabled

What do I do if I think my payee is not using my funds properly?

Call SSA if your basic needs are not being paid for, such as rent, food, and medical care. You should also call SSA if you think your payee is misusing your benefits by using them for someone else or for his or her own benefit. SSA will investigate and make a decision about whether there has been misuse.

**Information derived from Disability Rights Wisconsin <http://www.disabilityrightswi.org/archives/73>

It's the smiles-not the miles-that make it a mission!



FREE DENTAL CLINIC

- **When:** Friday, June 12th and Saturday, June 13th
- **Where:** Fond du Lac County Fairgrounds Expo Center
601 Martin Ave, Fond du Lac, Wisconsin 54935
- **Who is eligible:** All are eligible!
Adults and children of all ages with limited financial resources and who do **not** have a medically-compromising condition that prohibits safely receiving care. Children under 18 must be accompanied by a parent/guardian.
- **Time:** Doors open at 5:30 a.m. First come, first serve!
*Our patient quota is typically reached by 10 a.m., so come early!
- **Care:** Cleanings, fillings, extractions, & limited treatment partials offered.
Treatment provided by volunteer dental professionals and community helpers.

Interpreters will be available to assist patients who speak Spanish, Hmong, or American Sign Language.

Identification, social security number, or other personal documentation is not required.

Once a year the Wisconsin Dental Association and the WDA Foundation host this free dental care clinic known as Mission of Mercy (M.O.M). Approximately 2,000 patients will have their lives changed during this event. The value of care provided will exceed \$1 million and will be available because of the 1,000 plus dental professionals and community volunteers generously donating their time and talent to help.

For more information please visit: WDA.ORG

ADRC of Fond du Lac County (920) 929-3466 50 N. Portland St. Fond du Lac, WI

Disaster Preparedness when Living with or Caring for a Person with Dementia

by Ginny Nyhuis

Fond du Lac County Regional Services Manager, Alzheimer's Association

Disaster situations, such as a tornado, forest fire, flood or other natural disaster can significantly impact everyone's safety, but they can be especially upsetting and confusing for individuals with Alzheimer's disease or another type of dementia. As family members, considering the possibility of a natural disaster and taking precautions when you can do so calmly and rationally, will remove much of the anxiety and allow you to be as ready as possible to provide good care in the event of a disaster. **Being prepared is crucial.**

Some advance preparation may include:

- Prepare an emergency kit to include typical items we all would need such as bottled water, copies of legal documents, etc., as well as a couple of sets of easy on/off clothes, incontinence products, favorite items or foods of the person with dementia, recent picture, to name a few (for more complete listing go to www.alz.org or call the Alzheimer's Association 24/7 Helpline at 800-272-3900).
- Enroll in MedicAlert + Alzheimer's Association Safe Return®, a 24-hour nationwide emergency response service for individuals with dementia.
- If the person with dementia uses oxygen, be sure you have easy access to portable tanks.
- Make sure evacuation plans are compatible with the specific needs of the person with dementia. For example, if the person uses a walker or wheel chair, be sure your emergency plan takes this into consideration.
- If you know a pending disaster is about to occur, get yourself and the person with dementia to a safe place. If the need to evacuate is likely, do not delay. Try to leave as early as possible to minimize long delays in heavy traffic that may cause increased anxiety and agitation for a person with dementia. Always be sure to alert other family, friends and medical personnel that you are changing location and give them contact information.

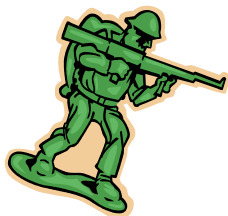
- During an evacuation, keep in mind that people with dementia are especially vulnerable to chaos and emotional trauma. They have limited ability to understand what is happening and they may forget what they have been told about the disaster. Be alert for reactions that may result from changes in routine, traveling or new environments. When appropriate, inform others (hotel or shelter staff, airline attendants, and emergency medical/evacuation staff), that the person has dementia and may not understand what is happening or respond appropriately to directions. Do not leave the person alone. It only takes a few minutes to wander and get lost. Do your best to remain calm – the person with dementia will respond to the emotional tone you set.
- During a disaster, changes in routine, traveling and new environments can cause agitation and/or wandering for the person with dementia. To help minimize these behaviors, reassure the person, hold hands or put your arm around their shoulder, redirect the person's attention, and find outlets for anxious energy. Remind the person that they are in the right place.

For more information on preparing for and reacting to a disaster with a person with dementia, call the Alzheimer's Association 24/7 Helpline at 800-272-3900.

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Coffee in Bed

A sweet little boy surprised his grandmother one morning and brought her a cup of coffee. He made it himself and was so proud. He anxiously waited to hear the verdict on the quality of the coffee. The grandmother had never in her life had such a bad cup of coffee, and as she forced down the last sip she noticed three of those little green army guys in the bottom of the cup.



She asked, "Honey, why would three little green army guys be at the bottom of my cup?" Her grandson said, "You know, grandma, it's like on TV... 'The best part of waking up is **soldiers** in your cup.'"



Stepping On

Building Confidence and Reducing Falls

6

Call the ADRC at (920) 929-3466 to register!

WHAT YOU WILL LEARN

The Stepping On workshop meets two hours a week for seven weeks.

Topics include:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- Separating myths about falling from facts.



2015 SCHEDULE

✕
Wednesdays April 22 to June 3rd
9am to 11am
Aurora Health Care
210 Wisconsin American Dr, Fond du Lac

✕
Thursdays June 11 to July 30
9am to 11am
Russell Manor
504 Russell Dr, Ripon

✕
Wednesdays July 29 to September 9
1pm to 3pm
ADRC
50 N Portland St, Fond du Lac

✕
Tuesdays September 15 to October 27
9am to 11am
Rosendale Village Hall
211 N Grant St, Rosendale

✕
Wednesdays October 7 to November 18
9am to 11am
N Fond du Lac Community Center
280 Garfield St, N Fond du Lac



**To Register:
Please Call
Fond du Lac County ADRC
920-929-3466**

Low-vision 101-

An Introductory Class

Friday, June 19, 2015
1:00 – 3:00 pm



Kathleen Connell, Rehabilitation Specialist for the Blind, will be offering an introductory class for those who are blind or have low-vision. The class is free of charge and Kathleen will be available for private consultations from 11:30 until 12:45.

Information to be discussed may include:

- Audio books
- Canes and mobility
- Eye conditions
- Safety within the community

Class will be held at the:

Aging & Disability Resource Center of Fond du Lac County
50 N. Portland St. Fond du Lac
Lower level conference room
Registration not required.

Questions?

Please contact Linda Berg at the ADRC (920) 929-3429

Open the Outdoors Adaptive Equipment & Accessible Cabins through the DNR

Opening the outdoors for people with disabilities

For individuals with mobility impairments, the Wisconsin Department of Natural Resources now offers a unique way to experience the outdoors. Buckhorn, Council Grounds, Devil's Lake, Mirror Lake and Perrot State Parks now have specialized kayaks available exclusively for people with disabilities.

The adaptive kayaks are equipped with adjustable outriggers which provide incredible stability on the water and a raised back with side supports that offer the user a comfortable and secure seat while paddling. A paddle with hand adaptations is also provided which offers ease to individuals with limited grip. All of these elements can be adjusted or removed altogether depending on the user's level of function.

Whether you were a paddler prior to a disability or have never had an opportunity to get out on the water in a kayak due to physical limitations, we highly encourage you to get to one of these five state parks to give it a try.

Additional Accessible Outdoor Recreation

There are nine accessible cabins located within our State Parks and Forests, reservable only by people with disabilities and their guests. Seven of these cabins feature amenities such as lowered counters in the kitchen for wheelchair users, adjustable hospital beds and Hoyer lifts, and bathrooms with roll-in showers and commode chairs. See our website for more information and cabin availability.

There are over 650 miles of accessible trails throughout Wisconsin to accommodate people with a range of varying abilities. From asphalt to granite to limestone surfaces, these trails will lead you to some of the state's most beautiful natural features and through many State Parks and Forests. To find locations, trail distances and levels of difficulty check our website.

For the more adventurous person looking for a true wilderness experience, we encourage you to give our accessible canoe campsites a try. The Chippewa Flowage and Turtle-Flambeau scenic waters area feature these sites which are both rugged and extremely scenic.

To find out about more accessible outdoor recreation and upcoming events offered by the DNR, check out the Open the Outdoors website at

<http://dnr.wi.gov/topic/openoutdoors/equipment.html>

or for additional questions contact

Anthonette Gilpatrick, DNR accessibility coordinator, at 608-267-7490.



June 15th is World Elder Abuse Awareness Day!



If you suspect someone is a victim of Elder Abuse, contact the ADRC at (920) 929-3466 to make a report.



Help us take a stand against elder abuse!

Last year, **92 Adult Protective Services Cases** were investigated in Fond du Lac County. Of those 92, 64 individuals were considered elderly (age 60+). In honor of World Elder Abuse Awareness Day, the ADRC will be setting up a banner and pinwheels in Fond du Lac County Veterans Park on the corner of 4th and S. Main Street from 6/12/15 to 6/22/15. Each pinwheel at this display represents an investigation that the ADRC of Fond du Lac County completed in 2014.



Please come check out the display and helps us take a stand against elder abuse!

A definition from Wisconsin State Statutes regarding elder abuse and adults at risk can be found below.

“Elder Adult at Risk” and “Adult at Risk Abuse”: Wis. Stat. §§
_46.90(1) and _55.01(1), (2s), (4) and (6)

1. An “**elder adult at risk**” is “a person age 60 or older who has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation.” § 46.90(1)(br).
2. An “**adult at risk**” is “any adult who has a physical or mental condition that substantially impairs his or her ability to care for his or her needs who has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect or financial exploitation.” § 55.01(1e).



Living Well with Chronic Conditions Workshop Offered!!



Feel better.
Be in control.
Do the things
you want to do!

Sponsored by:

**Senior Services &
 All About Life**

On Tuesday's from
 June 16 – July 21, 2015

1:00 – 3:30 PM

Moraine Park Technical College
 235 N. National Avenue
 Fond du Lac, WI

**Must Register Because
 Space is Limited**

No Cost

Put Life Back in Your Life

Are you an adult with an ongoing health
 condition?

In this *Living Well with Chronic Conditions*
 Workshop you will:

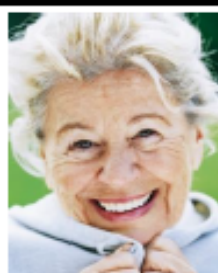
- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover better nutrition and exercise choices.
- Understand new treatment choices.
- Learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the *Living Well* Workshop can help you take charge of your life.

Join us and see for yourself!

To Register Call:

Fond du Lac County
 Senior Services
 920-929-3114



*"The workshops put me
 back in charge of my life,
 and I feel great. I only wish
 I had done this sooner."*

Housing- What Are The Options? Article #4 in the Series of 4 By: Linda Berg

Over the course of this series, we have looked at the different ways your home can impact your ability to continue living independently for as long as possible. The series has discussed planned independence, home modifications and adding safety to your home. This final article will look at some of the ways older adults all over the country are getting their needs met so that they may remain healthy and independent.

The Village Model: A membership-based program in which individuals pay an annual fee in return for necessary services. The program may help members maintain their homes, locate in-home care and find transportation. One example of a Wisconsin-based Village Model is “SAIL”, (Supporting Active Independent Lives) in Dane County. Membership in SAIL may include daily automated check-in service, pre-screened service providers, house checks, member-helping-member volunteer opportunities, a medical store offering a 35% discount on items that Medicare doesn’t cover, fitness classes and much more. The Village-to-Village Network is working to expand membership-based villages across the nation. For more information, please see www.vtvnetwork.org

The Purpose Driven Model: this type of living arrangement may involve leaving your home and moving to an intergenerational neighborhood where the time and talents of older adults are greatly valued. The original model is called “Generations of Hope” and is located in Rantoul, Illinois. Generations of Hope match families raising foster children with older residents who give several hours per week helping those families. The residents are offered subsidized housing to live in a three generation neighborhood that needs their help. Ways to help could include babysitting, tutoring, making crafts with children and other ways that the resident would like to contribute. The older adults benefit from the sense of purpose and connection – an important part of all-over wellness. As in the Village model, the purpose driven model is expanding across the country. More information may be found at www.generationsofhope.org

The Technology Model: Nicknamed “gray technology”, major manufacturers such as General Electric and Intel are working together to find new ways to assist caregivers in caring for older relatives or friends. The technology model adds new innovations every day, ideas for using video games, mobile personal emergency devices, GPS-embedded clothing, home monitoring devices, smart phones and apps, eReaders, a digital photo frame that can deliver medication reminders and so much more. Technology aimed at helping to care for older adults is a rapidly growing field. If you are building or remodeling your home, you may want to consider talking with an electrician about possible future modifications to allow for many types of technology in your residence. Who knows – there may be a robot in your future home!



50 North Portland Street
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Linda Berg at 920-929-3429, TTY: Use Relay (711), or email adrc@fdlco.wi.gov.

If you would like to request to be on the mailing list for our newsletter please call (920) 929-3466, TTY: Use Relay, or email adrc@fdlco.wi.gov.

Please watch for our Fall Edition of The Portland Resource in September 2015!!